

UNITY DAILY WORD

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Revealing to You
**Your Health, Prosperity, and
Happiness**

September, 1929

*"The Religion of Loving Hearts
and Smiling Faces"*

"Is it Right to Be Unhealthy?"

"His Angel Saw No Sin in Him"

"Optimists and Pessimists"

A Page of Inspiration for Each Day

SILENT UNITY CLASS WORDS

August 20 to September 19

The Spirit of truth inspires and illumines me.

The Spirit of truth floods me with the light of life, and I am made whole.

The Spirit of truth reveals abundant Spirit substance, which I affirm to be the source of my prosperity.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

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F. B. WHITNEY, *Editor*

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REFLECTIONS

In the faces of those whom you meet you catch a reflection of your own inner countenance. If you are a flasher of light, your beam will dispel the clouds that gather about those whom you have encountered. If you are awakened to the light, you will see beautiful faces shining through the frowns, for these faces will but mirror the joy of the Christ in them, greeted by the Christ in you. Wherever you gaze you will see the reflection of your own indwelling Christ. He will see Himself mirrored in the universe, in the faces and hearts of men, and you will pronounce all things very good, very beautiful. The world will partake of heavenly perfection when you behold your Christ—Truth, life, and love—shining back at you wherever you go, wherever you gaze.

of suffering and sorrow, and seeks to take Jesus with him.

When Jesus came to a race bound to self-imposed beliefs in evil and disease, and saw how easily He could disillusion man regarding the power of evil, do you not imagine that deep down in His heart He smiled? Even though your heart is filled with compassion for the little child who has false and bewildering notions about life, do you not often smile at its beliefs?

A man once told me that during some occult studies and experiences he left his body. He said that the things that he saw his friends do and the emphasis that they gave to trivial matters were appalling. Previous to this experience he had been quite a pessimist, a man of sorrow. In this peculiar situation he saw life from an entirely new angle. He saw the nothingness of fear, hate, and evil. He tried, while in his disembodied condition, to convince his friends of their mistakes, but they could not hear him. They were so weighed down by beliefs in evil that they could not hear the truth. He said that when he went back into his body he also found himself again in a certain heavy-mindedness, a state of mind heavy with material beliefs. Then he resolved to throw off this heaviness by changing his beliefs. With difficulty he succeeded in catching the view of life that he had had when out of the body.

Having left the body like a person in death, he made the occasion one in which he took hold

of life anew. He was like a person who becomes reincarnated. He refused to be a pessimist. He refused to believe in evil, hate, fear, disease, and death. He was no more a man of sorrow. His Christianity was no longer a religion of adversity. His Master was no longer downcast and downtrodden. His Jesus was a Christ of love, life, and joy. He followed in His footsteps. He had found a religion of loving hearts and smiling faces. He had discovered the truth and the joy of Christianity.

The belief that some person or some event can make you unhappy, the fear of the future, the subconscious dislike for some one who has not done as you thought he should do, the belief in nerves, the belief that you must suffer—these beliefs belong to the philosophy of darkness, the religion of pessimism. Shake them off! Refuse to let your mind, soul, and body accept the ignorance of the past, the superstitions of religion and of medicine, as Truth. If your friends accept Jesus Christ as a man of sorrow and choose to go the stony way, you should go in the opposite direction. Go the way of love, life, and joy—the way to heaven. Take Jesus Christ as a companion of love and joy, regardless of arguments to the contrary.

Educate yourself to laugh and smile at the foolish beliefs of the race. You will find that your smile will cause the clouds of despair to vanish. At the heart of your being, the sun of Truth will be shining through you. The very Christ of God within you will smile.

You will be like a person on a sun-tipped peak who feels himself above the clouds in the valley. The consciousness of love and joy cannot be dimmed. The religion of a loving heart and a smiling face will be for you an open-sesame to all the blessings in life.

What would it profit a Christian to know all the dogmas and traditions of Christianity if he did not know the religion of love and happiness? What is of greater value, the knowledge of how to live the sunny life or the knowledge of dogma? Remember that the religion of pessimism is also the religion of disease and death. The religion of love and joy is life eternal.

Do you know that you know life and the world only through your thoughts and reactions? Your mind makes contact with the world about you. If your thought is darkened and your attitude one of pessimism, how can you expect the sunshine of life to flood your soul? If you look at the world through the dark glasses of prejudice and pessimism, how can you see life in its true beauty?

If you are so engaged in looking upon the crucified Jesus that you cannot see the risen Christ, if you are so busy looking earthward that you never gaze heavenward, how can you behold the glory and joy of a radiant life? Make your mind an open and unobstructed channel through which the joy of the Lord can be expressed, and you will find yourself filled with joy.

Physiologists tell us that sorrow is depressing and that it slows down the life forces of the body. Those who become the victims of grief find that they manifest ill health. We can readily see that a religion that emphasizes sorrow could not be a religion of health.

Have you ever noticed the love and the sunshine expressed by a person who discovers Truth? The newly found teaching dissolves all his adverse beliefs. He has no black and heavy thoughts about life. His mind is like a crystal through which sunshine passes.

Not long ago a person said to me, "I believe the world has had enough of Pollyannaism and this business of smile-and-the-world-will-smile-back-at-you stuff!" I agreed with him to an extent, because his point was based upon superficial smiling. The set and frozen smile that does not have back of it real love and joy is as unpleasing as Victor Hugo's laughing man. But even the manufactured smile shows a determination to smile at trouble, despite the fact that there is not the understanding of Truth back of it. Smiling at little situations in life will give us power to smile at those that are more serious.

If our religion is deep in the heart, firmly established in love and Truth, smiles will easily come. It is easy to smile when we know why we are smiling. It is easy to love when we realize that love is the power that overcomes and transforms into good all that is unlike itself. Keep loving and keep smiling!

HIS ANGEL SAW NO SIN IN HIM

CLINTON E. BERNARD

"But I have sinned," he dully said.

"The wrong is done.

My head is bowed with cause for shame:

Betrayal of a bosom friend; my mother's grief;

My sweetheart's disillusionment and pain.

There is no way for me to make amends."

His angel asked: "Why waste regret

On what you would forget? Why woo

Remorse and leave delight to pine away?

More sensible to do the thing that brings back
peace

To those whom you have robbed of peace.

There is a thing that you can do

To ease the hurts of those who gave to you
their love—

And whom you should have loved;

One consolation you can give

To God, to mother, sweetheart, friend:

You yet can be the man they thought you were."

He pondered long, this man of woe, then made
reply:

"You're right. To be a man—

That is the biggest debt I owe,

The only debt they ever wanted me to pay.

God helping me, I'll be a *man*."

"God always helps," his angel said.

IS IT RIGHT TO BE UNHEALTHY?

DOES not our present-day understanding of the relation between psychology and health give us such a conviction that the thinking of evil thoughts produces disease that the race will ultimately consider it wrong to be unhealthy? When that which metaphysicians know at present becomes universal knowledge, will not disease become the badge of a wrong and unhealthy thinker?

Since the metaphysician proves for himself that the thinking of good and spiritual thoughts will restore him to health, does he not at the same time prove that unhealthiness is the product of wrong thought? Instead of the present-day habit of discussing diseases and operations, will not conversations in the future avoid reference to these evidences that one has been guilty of wrong thinking?

Do you not think that universal knowledge of the relation between wrong thought and disease will eventually cause the person who manifests disease to want to keep his friends from knowing that he has thought evil thoughts and, thereby, has caused unhealthiness, disease, and weakness to appear in himself? If thoughts of hate, envy, selfishness, or lust have caused his heart to be weak, a tumor to develop, his eyesight to be dimmed, can he take any interest or pride in pointing to his infirmities, or hope thereby to elicit the sympathy of his friends?

Will the person whose hoggish thoughts and appetite have caused him to be hoggishly fat be considered "as fat and as healthy as a little

pig," or will this evidence of his unbridled appetite classify him to all observers as one of the selfish and the greedy? Will not the person whose avaricious thought causes enormous growths in his body be led to see that removing the growth will not change the mind that has produced it?

In the future will not the minister who is unhealthy have difficulty in convincing his flock that he lives close to God, when God is universally recognized as life and health? Will not the religious worker whose physical appearance is forbidding fail to convince his followers that he knows Truth and his divine sonship?

Is not present-day intelligence of the relation between psychology and health, mind and body, bringing us to the place where we see that there can be no separation between the science of health and the philosophy of religion? Will not living near to God bring us a perfection of health that we have always idealized? Will not unhealthiness in us be universally recognized as a result of our living apart from God, regardless of what we would have others think concerning our spirituality?

Will not future generations think of the Bible not simply as a book of morals but as a book of morals and of health? Will not the deeper teachings of the book now recognized by the few be universally understood? Will not this mystery book, with undusted cover, become the storehouse of all wisdom, offering the solution to all man's problems, showing him the

way to peace and plenty, disclosing to him his divine sonship and his right to perfect health?

If it is good for man to think heavenward and to show forth physical perfection, is it not wrong to think earthward and to be unhealthy? Will not the future give us more doctors of the mind and of the soul, and fewer doctors of disease? Will not healing in the future be concerned not with healing or changing only the physical but with healing and changing first the thought?

Will not the newly discovered truths of the Bible and of practical Christianity give us fewer "walking graveyards" and more "pictures of health"? Will not the unhealthy person be the exception rather than one of the majority? Will not the day come when the diseased person is as much a rarity as a horse and a buggy in a modern city are now?

When it becomes universally recognized that it is wrong to be unhealthy, shall we not be forced to discipline our thinking? Will not the person who cannot or does not think good thoughts be an outcast? Will not the person who thinks himself into disease find that he is denied the companionship of those friends who think good and wholesome thoughts?

Do you know that the healing truths of Jesus that were formerly recognized and emphasized only by what was called "a healing cult" are now accepted and promulgated by intelligent educators, writers, and ministers? Do you recognize the fact that practical Chris-

tianity is taking the world by storm, and that its truths of health are being shouted from the housetops?

Have you seen that your obligation to this movement that preaches the doctrine of health and practical Christianity is a very serious one and that you need to understand these teachings and to make your physical demonstration right now? Do you realize that those who are the advance guard of this knowledge must wipe from their lives every evidence of disease and unhealthiness?

If you are the image and likeness of God, can you be content to have that image and likeness appear as the image and likeness of acne, pyorrhea, rheumatism, or gout? Since you know the law of right thought and spiritual power, can you allow yourself to be overpowered by beliefs that weaken the body and cause it to go the way of disintegration and death?

Does not the very consciousness of good, health, and life forever remove any belief in your mind that it is not wrong for you to be unhealthy? Do you not innately feel that your body can be lifted up as you go higher and higher in your understanding of spiritual truth, just as the body goes down into the grave for him who fails to understand and to apply Truth?

Is it right to be unhealthy?

You must answer this question yourself, for yourself.

SUNDAY, SEPTEMBER 1

My Realization for Today: *The Spirit of God, my higher self, guides my thoughts and directs my steps into that which is for my highest good.*

HAVE YOU discovered that within you is the power that will lead you out of inharmony and limitation into your highest good? If your life seems to be in confusion, get out of the chaotic state of mind that produces confusion. Get very still and feel the Spirit of life at the very heart of your being. Seek to so contact it that you realize your oneness with it.

The Spirit of God within you will impress your mind with those ideas that will guide you into your highest good. You will be directed out of what seems to be confusion, lack, and despair. You will have revealed to you a vision of your supremacy, your blessings.

The higher self within you—the something that has never been affected by personal limitations, beliefs in external powers, thoughts of evil—is your relation to divinity. This selfhood is God in your midst, God with you, Immanuel.

Your good cannot be hidden from you when you are willing to be led into its presence. You must give up all doubt and fear, and trust the Spirit of God to direct and guide you.

The hand of our God is upon all them that seek him, for good.—*Ezra 8:22.*

MONDAY, SEPTEMBER 2

My Realization for Today: I am free from every self-imposed limitation, because I know the truth of my perfect freedom.

HOW EASY it is for the person without knowledge of Truth, without knowledge of his perfect freedom, to allow himself to be in bondage to beliefs in limitation! This is true because without the corrective power of Truth, without the knowledge how to correct limited beliefs, he falls into the error of thinking of himself as bound to limitation.

Do you have the habit of thinking limited thoughts about yourself? Are you inclined to think such thoughts as, "I would like to do this, but I am not able to do so"? Do you think of your health in this way, "I have felt bad all these months and shall never feel better"? Do you not see that so long as you make a connection with limited thoughts and conditions of the past you will continue to be bound by your beliefs in limitation?

Your freedom can come only by ceasing to think limited beliefs and by giving yourself the power and stimulus of knowing the truth about your freedom and your innate ability. In the freedom of Truth you will find your power to succeed.

Ye shall know the truth, and the truth shall make you free.—*John 8:32.*

TUESDAY, SEPTEMBER 3

My Realization for Today: *I refuse to be anxious or worried. I rest in the confident assurance that only good can come to pass.*

WORRYING belongs to that consciousness in us in which things of the external world seem to have power over us. We think of these things (or, possibly, persons or events) as endowed with more power than Spirit within us has. In this consciousness we magnify external things and minimize the power of Spirit.

In the consciousness of worry, the belief that time has us at its mercy will be found. There is also the thought that the help that we are expecting will be delayed. Sometimes the thought comes to us that experiences of the past will be repeated. Likewise, both the past and the future appear to provide cause for worry.

In the consciousness of Spirit, the consciousness in which we do not worry, we know that only good can come to pass since God, the good, is all in all to us. In this consciousness we live apart, *i. e.*, free, from things of the outer world: we know that they are powerless. We live detached from values of time: we live in the eternal now. We live in the realization that God, the good, is the only power and presence. We behold Him appearing as our help and salvation.

Be not anxious for your life.—*Matt. 6:25.*

WEDNESDAY, SEPTEMBER 4

My Realization for Today: Looking away from the appearance of lack and limitation, I behold the reality, abundance, and perfection of God.

REGARDLESS of what appearances may be, even though they be appearances of lack and limitation, they must be appreciated for what they are and must not be thought of as belonging to the world of reality, the world of God, since they do not merit such recognition. If we think of limitations as being real we cause them to be related to us just as closely as realities. If we think of lack or disease as real, then we cannot hope to rise above lack or disease or to remove either one from our life. If negative appearances are looked upon as realities, we cannot expect to have them give way to better things.

In Truth we think of God's expressing Himself as life, love, peace, and plenty as the only reality.

In your study of Truth, learn early to distinguish between the appearances of limitation and the presence of spiritual blessings. Learn to look beyond the appearance of lack and to behold God manifesting as a rich blessing in your life.

The things which are seen are temporal; but the things which are not seen are eternal.—II Cor. 4:18.

THURSDAY, SEPTEMBER 5

My Realization for Today: God's presence is about me, and everywhere I find evidence that He is blessing me.

INFOLDED in the very presence of God, we are surrounded by His blessings. In His presence there are peace, life, health, and plenty. When we are in spiritual consciousness, we realize that His blessings are being showered upon us constantly.

The most insignificant situation may yield a blessing to us when viewed in the light of Spirit. A situation that would appear void of all possibility of blessing may be transformed into one of great good when beheld through the eyes of Spirit.

The secret lies in not letting situations master us but commanding them through spiritual understanding. The situation should never be accepted for just what it appears to be. It should be taken at the value stamped upon it by Spirit.

Just as Jesus spoke to the lifeless Lazarus the mystical words, "Come forth," so must we say to the unrevealed blessings of God, "Come forth"; thus we shall cause the life and substance back of them to appear as our blessings.

Jehovah thy God turned the curse into a blessing unto thee, because Jehovah thy God loved thee.—*Deut. 23:5.*

FRIDAY, SEPTEMBER 6

My Realization for Today: I cease to think of my body as imperfect or diseased. My body is the temple of God, radiant with His presence, life, and health.

YOUR IMPRESSION of your body is either that it is something subject to disease and weakness, or that it is the temple of the Holy Spirit. You think of your body either as flesh and, consequently, as subject to the woes of the flesh, or else as the temple of the living God.

Beliefs in disease objectify themselves in the body as disease; the knowledge of spiritual truth objectifies itself as a spiritual expression, a perfect manifestation. We can see the importance of thinking Truth if we hope to be healthy. We see how necessary it is to think of the body as perfect even when it may not appear to be so, if we are to arrive at its perfection.

Those who do not know Truth may point out to you the apparent imperfections of the human body, but the teachings of the Bible will reveal to you the truth of bodily perfection. The very Spirit of truth tells us that if man is the image and likeness of God, who is perfection, his body should show forth perfection.

Know ye not that your body is a temple of the Holy Spirit which is in you . . . glorify God therefore in your body.—*I Cor. 6:19, 20.*

SATURDAY, SEPTEMBER 7

My Realization for Today: I do not think of my eyes as weak or failing to do their work. Through spiritual vision I behold all things in Truth, and my physical eyes are strong and perfect.



WHEN a person exercises spiritual vision through spiritual understanding he is inclined to say, "I see!" In the higher realms of Mind and Spirit he beholds the truth and reality about the thing considered. Now, since all sight is primarily mental, it follows that mental clarity is an aid and a stimulus to clear vision. By seeing through the mind's eye, the physical eyes are relieved of strain.

Remove from your eyes the belief that they are weak or imperfect. Know that in Truth they are spiritual, strong, and whole. Think of your physical eyes as inseparably joined to your spiritual vision. What is true of the perfection of your spiritual sight must be true of your physical eyes if you think of them according to Truth.

Cease to strain your eyes when trying to see. Know that you do not have to struggle to see. Relax and know that, through Spirit within you, you have power to see all things clearly and distinctly.

One thing I know, that, whereas I was blind, now I see.—*John 9:25.*

SUNDAY, SEPTEMBER 8

My Realization for Today: *I carry into my work the spirit of optimism, efficiency, and prosperity, and my business manifests the character of Spirit in all ways.*



THROUGH OUR understanding of Spirit we can bless our business or profession and cause it to express the things of Spirit. If a business is not successful, we think of it as low in spirit, just as a person who is ill or depressed is spoken of as being spiritless. The presence of Spirit in our work gives it new life, success, joy, and prosperity. When we realize that the presence of Spirit is at work in our affairs, we find that wisdom, order, and justice are there also.

We should always think of what we do as being the work of Spirit, expressing itself through us. We should think of our work as having a definite place in the great universal scheme of life and as being definitely related to the great plan whereby Spirit is causing its mighty forces to be established in the world. Even though the work that we do may appear to be insignificant, if we are established in the consciousness of Spirit we know that Spirit is working in and through us, expressing itself as success and prosperity, causing more of itself to be manifest in the world.

My Father worketh even until now, and I work.
—*John 5:17.*

MONDAY, SEPTEMBER 9

My Realization for Today: *There is nothing in all this world for me to fear. In the consciousness of the omnipresence of God, the good, I am fearless and courageous.*



WHAT CAUSES most unhappiness in the world? What is the power that prevents men from expressing themselves and so from rising higher and higher? Fear—in some form or other. There is fear of this or fear of that. Often fear is so subtle and so secret that it can scarcely be detected.

The fears of childhood, often implanted innocently by parents, may increase to such proportions that they hem in and limit the expression of life until living may be totally without any sense of freedom. Fear is entirely mental, and is a phase of personal consciousness. The fears of one person are not those of another. The relief from fear can only take place in the mind.

When the student takes up the study of Christian psychology and practical metaphysics he soon finds that he loses a great deal of his fear. Seeing things according to the new point of view causes a mental transformation. The belief in fear is overcome. The truth of man's fearlessness and courageousness in Spirit is discerned.

Being therefore always of good courage.—II
Cor. 5:6.

TUESDAY, SEPTEMBER 10

My Realization for Today: *Through the working of the Spirit of truth in my life, I am delivered from every adverse experience. God is my deliverer, my salvation.*

KNOWLEDGE of Truth saves us from the results of ignorance and superstition. If we believe that the experiences brought into our lives through ignorance of God are caused by God we show our lack of knowledge of Truth and our need of it. Adverse experiences are purely self-imposed. They cease to come to us when we know God, the Truth.

Knowledge of Truth delivers us from adversity, because in Truth we rise out of and above negation. In the heavenly consciousness we are delivered from earthly experiences. The Spirit of truth—the vital force operating in spiritual consciousness—is our deliverer. Just as knowledge delivers a person from the pitfalls of ignorance so does the Truth of God deliver us from the adverse experiences of personal consciousness.

When a person who has experienced adversity rises to the heights of spiritual consciousness, he finds that God has delivered him from those things and experiences of the world and the flesh.

God is unto us a God of deliverances.—*Psalms 68:20.*

My Realization for Today: *I do not judge according to personal standards. I do not pronounce judgment upon any person. Through spiritual judgment I judge man according to his innate perfection.*

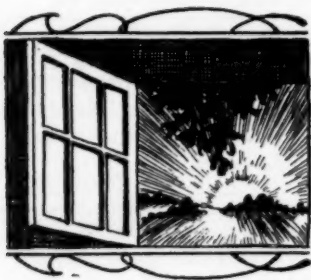
HAVE YOU ceased to pronounce judgment upon other persons? Have you arrived at that consciousness in which you do not criticize or condemn? Can you judge according to the judgment of the absolute, the truth of man's innate perfection?

Your judging another person shows that you are still in personal consciousness, living as yet according to personal standards. The power to rise above personal judgment is the mark of your living in the impersonal Christ consciousness.

To take notice of the seeming imperfection of another is to believe in the reality of an imperfect man. If held in mind, such a belief would tend to weaken your faith in Truth. You cannot believe that man is created in the image and likeness of God and, at the same time, believe that man is at any time short of divine perfection.

Our deliverance from personal consciousness is assured when we refrain from judging personalities.

But with me it is a very small thing that I should be judged of you, or of man's judgment.—*I Cor. 4:3.*



OPTIMISM AND PESSIMISM

*The optimist will see the sun, the pessimist the fog;
To one, life is a paradise; to one, it is a bog.
The idealist will find a flower, the botanist a cl;
The mystic sees a heaven, the reformer sees a ell.*

*The pessimist can see no sun, his eyes
He would convince the optimist the out
The mystic cannot see a sin, a pa, an
His eyes are firmly fixed on God, he kn*

*Now if you are a pessimist an
First discipline your mad an
Your plaintive song will turn
You'll find, where once you s*



IMISTS AND IMISTS



at the fog;

og.

t a all;

es a well.

, his eyes behold no light;

ist the outlook is not bright;

a pan, an evil—hell;

God he knows that all is well.

oessimist and want to change your view,

ur mind and eyes to see the good and true.

g will turn to joy, your knocks will change to cheer;

once you saw the bad, that heaven will appear.



THURSDAY, SEPTEMBER 12

My Realization for Today: God, the good, occupies first place in my life. I take my thought off evil, knowing that in my world—the world of God, the good—there is only good.

IN ORDER to remove evil from our lives we need but to rise out of the belief in it. If we would replace evil with good we must replace belief in evil with belief in the power of good. Our believing in the power of evil to make itself appear as reality and to cause us to recognize it as such is sure to deliver us right into the midst of evil conditions.

We break the connection between ourselves and evil when we break up our faith in it. When we cease to recognize it as something it becomes as nothing. When belief in evil is transformed into belief in good, outer conditions that have appeared evil likewise become transformed into good. We discover that the only power back of the evil condition is the sustaining power of our belief. When this is withdrawn there is nothing to support evil and it falls into nothingness.

Discover that evil is simply a belief and you will find how easily it can be removed from your life.

Hold fast that which is good; abstain from every form of evil.—*I Thess. 5:21, 22.*

FRIDAY, SEPTEMBER 13

My Realization for Today: I do not look to any future time or to any distant place for my happiness. I know that here and now I am in the midst of God's omnipresent heaven.

IF WE think of heaven—the fulfillment of our desire for joy, happiness, and perfection—as lying in the distance with respect to time and place, we naturally tend to push it farther and farther away from us. If heaven is thought of as being something away from us, something in the future and in the distance, it will indeed be so. It will be found to be something that eludes us, since our thought of the future tends to elude the time of the present.

If you would enjoy heaven you must find the passport to it in your developing a heavenly consciousness. You must remove from your thought all belief in conditions that are unheavenly. It will be necessary for you to cease to think of your world as partaking in any wise of characteristics unlike those of heaven. You must cease to think of the world, the flesh, and the devil and, in their place, you must think of God and heaven.

You build up a heavenly state of consciousness through thinking heavenly thoughts.

The time is fulfilled, and the kingdom of God is at hand.—*Mark 1:15.*

My Realization for Today: *I do not live in unpleasant memories of the past, neither do I put off the joy of living until tomorrow. I rejoice to live in the eternal now.*

THERE WILL never be a time in which opportunities for happiness and success are more abundant than they are in the present time. Every thought that you give to regretting events of the past tends to draw you away from the present and keeps you from enjoying the blessings of today. Every thought given to the future steals from you the opportunity to enjoy the eternal now.

Have you discovered in the absolute science of Spirit that there is neither past nor future? Have you found the timeless time of Spirit? Have you learned that the present moment is Spirit's time—the time to live, to be healthy, to be happy?

If you put off until tomorrow doing the things that you ought to do today, you but place them in a state of not being done. In relation to the eternal now the tomorrow exists only as a time of nonfulfillment. The duties of tomorrow may be found to take so much of your time that there is no time for those left undone today. Sufficient unto tomorrow will be the duties thereof.

Behold, now is the acceptable time; behold, now is the day of salvation.—II Cor. 6:2.

SUNDAY, SEPTEMBER 15

My Realization for Today: The joy of the Lord in me casts out every belief in gloom, and I am radiant and joyful.



FA PERSON does not believe in gloom, does not think of himself as related to it, then he breaks all contact with such a belief and it is powerless to express itself in him. The person who professes to be a Christian and at one with the Spirit of Christ must exercise care that he always radiates the presence and joy of Christ within him.

When we know the truth of our oneness with God, we cannot be sad, discouraged, or disheartened. The very presence of Christ within us serves to drive out all belief in gloom. The beliefs that have objectified themselves as sadness become transformed through our understanding spiritual Truth.

Do not think of anything, any event, or any situation as having power to make you sad. Do not let yourself accept the argument that anything has power to spoil your day or to interfere with your happiness. Think of your joy as constant, as unaffected by persons or external things. Rest in the assurance that your joy cannot pass away, since it is founded upon Spirit.

This day is holy unto our Lord: neither be ye grieved: for the joy of Jehovah is your strength.
—Neh. 8:10.

My Realization for Today: I cease to think of myself as falling short of the perfection of a son of God, for such I am in Truth.

PERSONAL consciousness is quite like a faulty mirror in which we can view ourselves and see distorted images. If we are inclined to look upon ourselves as distorted into imperfection and as reflecting a likeness unlike divine sonship, we may be assured that we are not seeing ourselves as perfect creations of a perfect God. In the mirror of personal consciousness there are no perfect reflections; the nature of the mirror prevents them.

In the Bible Jesus symbolizes the good and perfect man of God; Adam and Judas symbolize men of ignorance, selfishness, and imperfection—men of personal consciousness. Jesus belongs to the order of Christian sons, sons of God, those who know the Truth of God and see themselves as perfect sons of God, brothers of the Christ. In beholding the truth of our own divine sonship, we take nothing from Jesus; we but glorify Him by accepting the Christ consciousness that He established.

Do not think of the seeming sinfulness of man as divine perfection. Man must be conscious of the innate perfection of God.

He that was begotten of God keepeth himself, and the evil one toucheth him not.—*I John 5:18.*

TUESDAY, SEPTEMBER 17

My Realization for Today: I have no relation to falsehood. I think, speak, and live according to the Truth of God, the Truth of my life and being.



WE WIPE out false values in life when we cease to think contrary to Truth. We break all contact with falsehood and error when we enter the high consciousness in which Truth rules supreme. Wherein lies the power of Truth? Truth's power lies in the potency and substance of Spirit back of it—the sustaining power of Divine Mind and absolute principle.

When we declare Truth in spiritual consciousness we are working with the very power of God. The authority of the absolute is exercised through us when we speak from the consciousness of God, the unrelated, the absolute.

We think with the mind of God when we think His Truth. Against the consciousness of the power and perfection of God and of His man, falsehood limiting either God or man cannot prevail.

Living according to the truth revealed to us in spiritual consciousness causes the truth of our power and perfection to appear. The very power of God causes the truth about man to manifest into visibility.

That we may be no longer children, . . . but speaking truth in love.—*Eph. 4:14, 15.*

My Realization for Today: The law of God, the principle of good, now operating in my life frees me from every belief that I am under any law of evil or limitation. God's law rules supreme.

IF A PERSON does not have an understanding of Truth, if he is not conscious of his relation to the Father within him, it is quite easy for him to accept the laws of limitation established by the race. He comes under a certain law of cause and effect believed in by those who are ignorant of the higher truths of being. He believes in laws of reaping adversity, laws of disease, and a multitude of other laws that promise disaster.

Jesus, who understood the mighty truths of God in their relation to man, disclosed to man an understanding of the spiritual law—the law of joy, hope, love, life, health, overcoming. Knowledge of this law—the higher law—annuls all belief in the reality or power of a lesser law. The operation of evil as cause and effect is neutralized and rendered void when man is conscious that God, the good, alone can operate in his life and his world.

Happiness is found when we accept the law of God as governing and ruling us entirely.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.
—Rom. 8:2.

THURSDAY, SEPTEMBER 19

My Realization for Today: *I am willing that God's will be done in me and in all my affairs.*

This statement is the Silent Unity illumination word to be used from September 20 to October 19.



DO NOT believe that God's will for me is ignorance or superstition. God's will for me is light and wisdom, and I rise to the consciousness wherein I perceive God's perfect will as now being done in me.

God's will for me is always good will. Through His will I cannot be bound to any limitation or adversity. I cannot go the way of darkness when I know that God's will is for me to go the way of light.

God's will for me is that I should be unified with Him—at one with His light and understanding. In this consciousness I know that I do not have to struggle for existence. I give up all tenseness of personal will. I give up all thought that for any reason whatever I am bound to adversity and limitation.

In my affairs I see the will of God manifest. Through the will of God I am in touch with those ideas that are now necessary for my work. Through my illumination my work takes on the character of light. It is radiant with the light of Spirit.

The will of the Lord be done.—*Acts 21:14.*

FRIDAY, SEPTEMBER 20

My Realization for Today: *It is not God's will that I be sick. God's will for me is health, and I am filled and thrilled with vigor, strength, and health.*

This statement is the Silent Unity healing word to be used from September 20 to October 19.



I GIVE up all thought that God's will for me, His child, can be imperfection, weakness, or disease. I cease to think of God's will as being related in any way to misfortune, disease, and death. I know that there is no connection between the mind of God and the mistakes of man.

I give up all personal will, all tension, selfishness, and stubbornness. I am no longer self-willed. I do not cause personal will to be expressed in my body as tension, stagnation, weakness, or disease. I do not hold myself apart from the will of God. God's will is always good will. This will is now expressed in me as vigor, strength, and health.

I rejoice to do the will of God. I rejoice to express strength and health. I rejoice to manifest the vim, vigor, and vitality of Spirit. In the realization that God's will is now being done in and through me I lay hold of great power, abundant life, mighty strength.

Born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.—*John 1:13.*

SATURDAY, SEPTEMBER 21

My Realization for Today: It is not God's will that I lack any good thing. In the confidence that God is my unfailing supply and support I am secure in my prosperity.

This statement is the Silent Unity prosperity word to be used from September 20 to October 19.

IN THE confident assurance that it is not God's will for me to lack any good thing I enter the consciousness of unfailing supply and prosperity. In the realization that lack cannot be a part of the will of God, who is bountiful supply, I know that in Truth I am bountifully prospered.

God's will now expresses itself in my affairs as my supply and support. God, my Father, now manifests Himself in me, His child, and I am bountifully prospered.

I confidently go forth knowing that success and prosperity come to me as God's will, and I know that I am expressing more and more of this will. God is now expressing Himself in me and in my affairs as bountiful substance. My business is the business of expressing God's will. My position is that of being rightly related to all the riches of God.

I go forth this day knowing that I am freed from all belief in lack, established in the consciousness of bountiful prosperity.

It is God who worketh in you both to will and to work.—*Phil. 2:13.*

SUNDAY, SEPTEMBER 22

My Realization for Today: *The Spirit of God goes before me, removing every obstacle from my path, and making my way easy and pleasant.*

IF WE have new undertakings, if our way is over new and untried paths, we should seek first to enter the higher consciousness by which we become adapted easily and harmoniously to the new life and its changes. If we anticipate obstacles we are sure to find them. If we look for difficulties we discover them.

Knowing the power of Spirit to lift us out of the consciousness and appearance of difficulties, we can enter into the higher realization wherein we know that Spirit goes before us and harmonizes every inharmonious condition. We cease to look for obstacles and are content to know that only good can appear in our paths.

When a person realizes that he is established in Spirit he finds that the very Spirit of the Lord attends him. He finds that this Spirit precedes him and makes ready his way.

Resting in the knowledge and assurance that Spirit is within us at all times, we go forth with faith and courage, confidence and conviction, knowing that God, the good, is omnipotent and omnipresent.

Behold, I send my messenger, and he shall prepare the way before me.—*Mal. 3:1.*

MONDAY, SEPTEMBER 23

My Realization for Today: I cast out of my mind every inharmonious and disorderly thought, and abide in the harmonious peace of God within me.



A GREAT sense of peace comes to the person who has learned to discipline his thinking. In the mind of such a person there can be no place for beliefs that cause inharmony and disorder. There is no room for any thought that persons, external things, or circumstances can destroy one's peace.

Getting rid of disturbing thoughts is not a difficult matter to the person established in Truth, in the consciousness of peace. He blends his mind with the very mind of peace and quiet. Through spiritual consciousness he becomes unified with the mind of God, and God's peace pervades his being.

Learn to be peaceful with yourself. Quit quarreling with yourself. If you quarrel with yourself you cannot be peaceful with others.

Do not think of any person or any thing as having power to disturb or destroy your peace. Only your own thoughts can do this. Knowing how to discipline your thinking, you likewise know the secret of maintaining peace. You know how to draw upon the inexhaustible peace of God within you.

Peace be multiplied unto you.—*Dan. 4:1.*

TUESDAY, SEPTEMBER 24

My Realization for Today: *Giving up all sense of mental or physical tension, I relax with the assurance that all is well.*

SHOULD WE feel tense in mind or in body, we can relieve the condition just by getting quiet and relaxing. The state of mind that produces tension must be exchanged for an attitude of peace, relaxation, and poise.

There can be no tension in the presence of peaceful thoughts. Where there is perfect trust in God there can be no doubt as to the perfect working of God. Arriving at the consciousness of assurance that all is well, we plainly see that nothing in all the world can prevail against the working of Spirit in our affairs.

Our mental and physical tension shows that there is in us more or less resistance to things of the outer world. Tension is caused by a mental disposition to resist or a physical tendency to fight. When Truth is understood this attitude of resistance changes.

Truth helps us to relax because in the study of Truth we come into the knowledge of how to be quiet, how to enter the inner stillness, in which tension has no place and wherein calm assurance eternally dwells.

He leadeth me beside still waters.
He restoreth my soul.

—*Psalms 23:2, 3.*

WEDNESDAY, SEPTEMBER 25

My Realization for Today: *I measure all my thoughts, words, and deeds by the standard of my ideal, the perfect man, Christ within me.*



AS OUR consciousness develops, we rise out of lowly conditions into Christlikeness; we evolve out of the lower into the higher; we press forward and upward with our eyes upon the ideal which we seek to attain. Do you think of yourself as having an ideal of health and perfection? Deep down within yourself do you not feel that what you appear to be today is but a falling short of that which you are in reality? Do you not sense the reality of your Christlikeness, your spiritual loveliness, your divine perfection?

Life would not be worth living if it were not for the inner vision of our ideal, that ideal which we are attaining, that ideal which we are now in the process of becoming. Keep in mind the truth that you continue to glimpse the vision of your Christ nature until such time as you merge into the individuality of your Christhood.

Keep your spiritual eyes upon your spiritual nature even when your physical eyes may be tempted to look earthward.

Till we all attain unto the unity of the faith, and of the knowledge of the Son of God, unto a full-grown man, unto the measure of the stature of the fulness of Christ.—*Eph. 4:13.*

THURSDAY, SEPTEMBER 26

My Realization for Today: *I praise and give thanks for even invisible blessings, for these, too, are now becoming visible evidence of God's love.*



HERE IS magic in praise. It will lift you right out of despondency. It will cause your blessings to multiply and to increase. Praise will cause more blessings to appear in order that they may receive your praise and benediction.

Praise helps us to discover blessings that we did not know existed. Praise seems to brush aside the veil of materiality behind which our blessings are hidden from us, and reveals them in ever increasing measure.

Do you ever think that you have not much for which to be thankful? Do you let thoughts or words of discouragement cool your ardor for praise? Begin at once to find a few things for which you are thankful. Praise and give thanks for these. Then see your list of blessings increase.

Give thanks today for at least one thing for which you have not been sufficiently thankful. The spirit of thankfulness will soon reveal other occasions for thankfulness. The magic work of praise will be evident.

Bless Jehovah, O my soul,
And forget not all his benefits.

--Psalms 103:2.

FRIDAY, SEPTEMBER 27

My Realization for Today: *The Christ Truth is the standard of my thinking, and I measure all my thoughts by this standard.*

IF WE DID not have a standard for our thinking we would be content to think thoughts of any kind, regardless of their character, and to let our minds indiscriminately think evil thoughts as well as good thoughts. Christian psychology gives us a standard for our thinking, since the Christ mind is the pattern to which our own minds must conform if we are to be benefited by the Christ Truth.

Having before us Christ, the man of perfection, to whose likeness we aspire, hoping to develop within us the mind of Christ, we have no other choice than to think Christlike thoughts—thoughts of love, life, and Truth. The process is one of eliminating those thoughts contrary to the Truth of being, guarding the mind from thoughts contrary to Truth, and implanting thoughts that celebrate the deeper things of Spirit.

Since we aspire to Christlikeness—perfection in mind and in body—we must depend upon our thoughts as the means of attaining our aspiration. Every thought derogatory to Truth tends to delay our overcoming.

Bringing every thought into captivity to the obedience of Christ.—II Cor. 10:5.

My Realization for Today: Doubting not, I press forward with unyielding faith—faith in God, faith in myself, and faith in the power of good.



OUR FAITH in God, the good, unites us with Him and joins us with all that He has in store for us. When we doubt God, we break this connection and sever the relation that unifies us with our heritage from God, the Father.

Faith in God must be developed first, since all faith is based on that faith. We must give up all belief in the power of evil, disease, and lack. We must cease to think that these can have any authority over us or our lives. Our faith in God must be supreme. God is "a jealous God," demanding all our faith and loyalty.

Faith in ourselves is developed as we learn to feel the inner contact with God. We find that God expresses Himself through us. His working through us becomes so much identified with our own working that there seems to be no dividing line. We develop faith in ourselves by knowing that God is back of all that we do.

As we grow in faith, we know that the good is able to remove every trace of limitation in our lives. We cease to think of evil as anything whatsoever, knowing that God, the good, is all in all.

Be not faithless, but believing.—*John 20:27.*

SUNDAY, SEPTEMBER 29

My Realization for Today: *I am not a victim of belief in hate and fear. I rest in the consciousness of God's eternal love and of my oneness with His love.*



AST OUT of consciousness every belief that is antagonistic to love. If you have any beliefs in hate or fear, get rid of them. Get rid of your little hates and fears, and most of your troubles will pass away. In rising out of the belief in these negations, you rise out of the consciousness wherein these appear as belonging to you.

Hate and fear belong entirely to personal consciousness, that consciousness in which we think of persons and external things as having power to affect us. Rising out of this personal relationship, we rise above hate and fear.

In the consciousness that God—divine love—is omnipresent, there can be no place for hate or fear. In love there is no fear. In love there can be no hate. In God there is only the presence of God, manifesting as divine love.

God's loving-kindness continues to express itself for us when we know the truth that love is always trying to manifest itself. When we cease to think that love can be successfully opposed by any other power, then we know that love is all in all.

The lovingkindness of Jehovah is from everlasting to everlasting.—*Psalms 103:17.*

MONDAY, SEPTEMBER 30

My Realization for Today: In the unity of Spirit I am unified with God—life, love, and Truth—within me and am united with all the good, manifest and unexpressed, in all people.

IN THE unity of Spirit we are joined with all life, all things, and all persons. We are unified with the good in all these because we are joined with God within them. We have something in common with everything that expresses good, because we are inseparably identified with God, the very foundation of all that is good.

In the heights of spiritual consciousness we find the oneness of all life. We discover that we are joined with all the life in the universe. We see that we are a part of all the good. We are one with God.

This consciousness wipes out all belief in divisions and separations. A person cannot study Truth very long before he voluntarily gives up every prejudice about separations and accepts the truth of his oneness with God and with the universe of life and good.

In Spirit we make a connection with all that is spiritual, whether it be manifest or unmanifest. We are joined to all that is of God.

Behold, how good and how pleasant it is
For brethren to dwell together in unity!

—*Psalms 133:1.*

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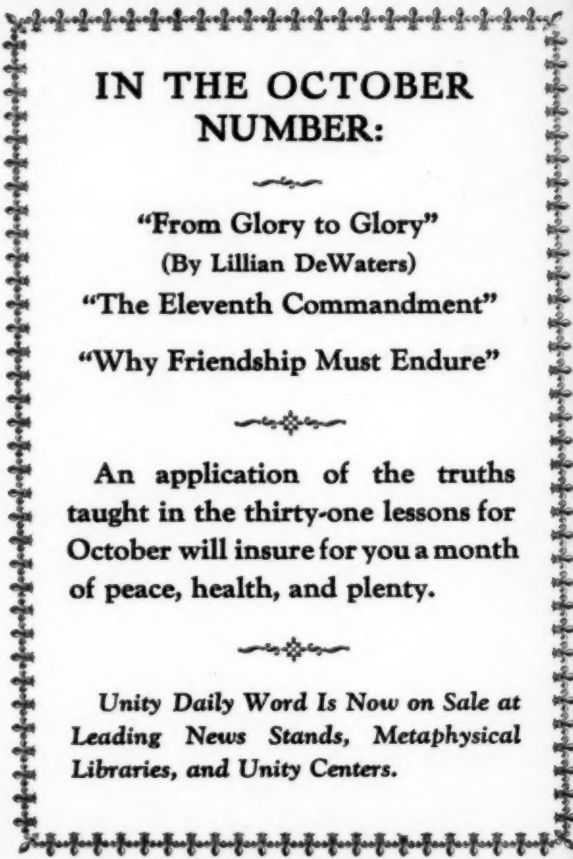
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